

# JBSA

# LEGACY

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JOINT BASE SAN ANTONIO

DECEMBER 15, 2017



COURTESY PHOTO

*A snowman stands outside the Joint Base San Antonio-Fort Sam Houston fire station after a rare Dec. 7 snowfall.*

## JBSA receives rare snowfall

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## Guardsman pilot wins 'High Flyer' award

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## JBSA-Randolph members support troop cookie drive

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COMMENTARY

# What is your leadership platform?

**By Chief Master Sgt. Heather Ransom**  
502ND SECURITY AND READINESS GROUP  
SUPERINTENDENT

The Air Force has blessed me with a wide spectrum of training, experience, culture and people; you could say the Air Force has literally “grown” me.

After swearing into the Air Force before I graduated high school, I left for basic training exactly 10 days after my graduation ceremony. My nine assignments across the globe have built a leadership platform I stick very close to. Everyone has a platform — or pillars that keep them pointed in the right direction. My three pillars are aptitude, balance and customer service — my “A, B, Cs” of success! My pillars are not new or groundbreaking; they are simple and yet have strengthened me over time.

Aptitude. It's simple, we are all expected to know our jobs. The Air Force spends a lot of money training every Airman to be successful on their piece of the mission. Airmen need to take the skills the Air Force is teaching them and personally invest in their own success. It's called pride in yourself and in the job the military entrusted to you. That is every job — from the office worker to the Battlefield Airman; the willingness to put your best foot forward to be the best is what makes our Air Force the most powerful in the world.

My background is administration, and when I enlisted, I was excited to work in a capacity that took care of others. At my first duty station, I typed hundreds of evaluations (yes, on a typewriter) for Airmen assigned to my unit, delivered mail and was the best records technician in the squadron. I also manually updated every Air Force regulation kept in our hard copy publications library. This made me valuable, because as I was making the updates, I would be able to recall what was new in other conversations or meetings; I was proud to be an administrator.

Later, the Air Force (with the best of intentions) changed all these things I took



COURTESY PHOTO

**Chief Master Sgt. Heather Ransom**  
502nd Security and Readiness Group  
superintendent

pride in and labeled them “additional duties,” farmed them out for all career fields to manage and merged my Air Force Specialty Code with workgroup managers. No matter what job you are doing, everyone contributes to mission accomplishment — everyone!

Balance. Airmen are also spouses, parents, children; we have more than just the Air Force depending on us. In my opinion, all Airmen, regardless of rank, have to be cognizant of work/life balance. In my 25 years of service, I've been to numerous retirements and heard many times, “If I could do one thing different, I would spend more time with my family.”

I challenge you to stop talking about it and do something about it! While I have been blessed to work very hard for our Air Force, I have made it part of my platform to not be that person at retirement regretting the time not spent at home. You can never get that time back. Will there be 14-hour duty days, will your child be the last one at day care, and will you miss birthdays, holidays, and anniversaries? —

Yes, yes and yes. This is why time has to be given back. Embrace the fact that you will not get through your entire inbox every day. Communicate with your supervisors and make time to catch that mid-week sports game, be in the audience for that award assembly. Be present, time waits for no one. Remember, when it is your time to retire ... and that day will arrive faster than you think, who will be there for you? The Air Force will honor your service and be grateful for your sacrifice and then the Air Force will move on, it has to. You control who is sitting in the front row at your ceremony, so don't forget about them now.

Customer service. This is a tough one for me. First, I need to acknowledge that most programs in our service have become automated since I joined in 1992. As much as I enjoy automated processes, I do miss the human interaction that came without automation. Sometimes, online programs are difficult and frustrating and the absence of human interaction during a Permanent Change of Station, while updating personnel records, or processing Temporary Duty Yonder orders can bring a person to lose their hair. This is why taking five minutes to answer questions when you see a person struggling with a process is so important, rather than pointing them in yet a third direction or to another website.

Taking the time to engage in conversation with a customer accomplishes three important things. It gives the customer a sense of security they are going to be successful, it challenges the subject matter expert to stay engaged with their skill and it grows the customer so they are more capable on the next encounter. Also, you never know what kind of shoes someone is walking in, so focus on quality conversations that are helpful, transparent and kind. Bottom line: engage in customer service, it will broaden your perspective more than a textbook ever will.

Aptitude, balance and customer service — these are my pillars and they have continued to serve me well. What are yours?

## JBSA LEGACY

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## JBSA M&FRC HOLIDAY HOURS

The Joint Base San Antonio-Randolph Military & Family Readiness Center will be closed Dec. 22 from 12:30-4:30 p.m. All JBSA M&FRCs will be closed all day Dec. 25-26.

# Trees for Troops delivers Christmas trees

From 502nd Air Base Wing Public Affairs

This year, members of Joint Base San Antonio-Lackland won't have to worry about shopping for that all important Christmas tree, thanks to the organization, Trees for Troops.

Many braved the rain and the cold, waiting outside JBSA-Lackland Outdoor Recreation Dec. 7, to receive a free tree from the organization.

Trees for Troops is a program that brings together the Christmas SPIRIT Foundation, FedEx and tree farmers from across America to deliver real Christmas trees to service members stationed across the U.S. and overseas.

The distribution of the fresh-cut trees began at noon with spouses of deployed military members being served first, followed by active-duty, Guard and Reserve military members. Afterward, all other Department of Defense ID cardholders were allowed to choose a tree.

In its 13th year of existence, Trees for Troops achieved a milestone, delivering more than 200,000 trees to service members and their families at nearly 65 military installations. Each tree included a letter of gratitude and encouragement, aimed at bringing joy to those serving this holiday season.



ISMAEL ORTEGA /

Members of the Joint Base San Antonio-Lackland community pick Christmas trees Dec. 7 at JBSA-Lackland donated by the Christmas SPIRIT Foundation, FedEx and 18 tree farmers as part of the Trees for Troops program.

## RARE SNOWFALL BLANKETS JOINT BASE SAN ANTONIO

A rare snowfall accumulated throughout San Antonio and surrounding areas the evening of Dec. 7, leaving an unusual scene or two around Joint Base San Antonio.

The event was reportedly the earliest seasonal snowfall on record for San Antonio.



Joint Base San Antonio-Randolph's iconic building, the Taj, is dusted with snow after a rare Dec. 7 storm.

JOEL MARTINEZ



The UH-1 helicopter on display at the U.S. Army Medical Department Center and School is partially covered in snow Dec. 7 at Joint Base San Antonio-Fort Sam Houston.

JOSE RODRIGUEZ



Static aircraft displays around Joint Base San Antonio-Lackland are covered from a rare snowfall that accumulated throughout San Antonio and surrounding areas the evening of Dec. 7, leaving a few inches of snow, which quickly began to melt the next morning.

ANDREW C. PATTERSON



# Safeguarding against workplace violence

More than 2 million a year are victims; guide lists triggers and warning signs

By Elaine Sanchez  
BAMC PUBLIC AFFAIRS

Army Capt. Katie Ann Blanchard ran into trouble with her civilian employee from the start. He was combative, defiant and, at times, explosive.

"I kept telling myself it will get better," the Army nurse said.

Instead, it got worse. Clifford Currie grew erratic and aggressive to the point where Blanchard feared for her life.

Today, she bears the scars of his final violent act, when he doused her with gasoline and lit her face on fire while standing by her desk at work.

Blanchard is just one of the more than 2 million victims of workplace violence reported each year, according to the Occupational Safety and Health

Administration website.

The Department of Defense defines workplace violence as "any act of physical violence, threats of physical violence, harassment, intimidation, bullying, verbal or non-verbal threat, or other threatening disruptive behavior that occurs at or outside the work site."

## A downward spiral

Blanchard never expected her life would so quickly derail after becoming a first-time supervisor of 15 military and civilian employees at Munson Army Health Center in Kansas.

After identifying issues, she encouraged Currie to improve his work performance to ensure the best care of his customers. However, in time, the young lieutenant became alarmed by

Currie's defiance of authority and lack of willingness to improve on the job.

"One day he lost his temper, cornered me and started shouting," she said. "I was fortunate I was able to call for help."

Blanchard consulted with civilian personnel and her leadership, and started keeping copious notes and records about Currie's behavior. She placed him on a performance improvement plan, but the situation continued to worsen.

"He was blowing up twice a day or not coming into work," she said.

Various events in the workplace can trigger workplace violence, including "anger over disciplinary actions, loss of a job, or disagreement with policy or practices," according to the newly released Regional Health Command-Central Workplace Violence Guide.

WORKPLACE continues on 9



ROBERT T. SHIELDS

*Army Capt. John Arroyo and Army Capt. Katie Ann Blanchard are survivors of separate incidents of workplace violence. Both share their stories to encourage others who are dealing with such adversity and the aftermath of violence. "Both Katie and I plan to use our second chances for good," Arroyo says.*

# Chief Wright to Airmen: Know your options

By Chief Master Sgt. of the Air Force Kalet H. Wright

If I had to pick just one thing I'm most passionate about as the Chief Master Sgt. of the Air Force, without a doubt it would be taking care of our Airmen and their families professionally, physically, spiritually and financially. I'm a firm believer that these four things go hand in hand. In order to be the best, most resilient Airman possible, you have to balance your professional, physical, spiritual and financial wellness. This is why I'm always looking to arm our Airmen with knowledge to help them grow and make the best decisions possible in their lives.

Part of arming our Airmen with knowledge means providing them the tools necessary to understand and smartly plan their long-range financial goals. But this planning isn't just for Airmen with families; it's vital for all Airmen.

Beginning Jan. 1, 2018, the Department of Defense will transition to the Blended Retirement System. If you haven't heard about BRS, you need to get up to speed now and learn all you can. I need each of you to take an active interest in your financial planning by using every resource we've made available to learn about the BRS.

The BRS gives Airmen an opportunity to save their money in a portable Thrift Savings Plan while receiving matching government funds at the same time. This is the most basic layman's description of the program, which is why I need you to arm yourselves with all of the research and information available.

To help you, our Air Force leaders have put together a team of experts ready to provide extensive training. Certified personal financial counselors are available at your Airman and Family Readiness Center.

These experts cannot decide for you, but they can help you evaluate which retirement plan is best for you. Every Airman's situation is different, financial goals are unique to each Airman and there is no "one size fits all" decision.

Airmen who enter the Air Force on or after Jan. 1, 2018, are automatically covered by the BRS. Active component Airmen serving now and those who enter the Air Force on or before Dec. 31, 2017, will be grandfathered under the current retirement system. Airmen with fewer than 12 years of active service on Dec. 31, 2017, or Reserve Component Airmen with fewer than 4,320 retirement points as of Dec. 31, 2017, have the choice to opt into the BRS. Reserve Component members' "retirement points" and retirement eligibility for the defined benefit are the same under the BRS as under the current retirement systems. The opt-in win-

dow for BRS will run from Jan. 1, 2018 through Dec. 31, 2018.

Make your decision knowing only you can determine which system is best for you, and understand that if you opt into BRS, it is irrevocable. You only have one chance to make this choice, so it's imperative you and those involved in making financial decisions for your family fully understand the pros and cons of both retirement systems.

I encourage each of you to take all of the training available on ADLS and utilize the BRS comparison calculator on the Military Compensation website (<http://militarypay.defense.gov/Calculators/>) before making an appointment with your base financial counselor. The calculator provides a comparison between the current retirement system and the BRS. Doing your homework and preparing your questions ahead of time will help you get the most from your

financial counseling appointment. I would like to see all eligible Airmen trained as soon as possible to give everyone time to really think about their options and be fully prepared before making this life-impacting decision.

There are pros and cons to every major decision we make, and this holds true for both retirement plans. I can't tell you what to do. I can't tell you what's best for your family. All I can tell you is that you need to arm yourself with knowledge. Check out the training, talk to people who can provide you with objective advice, talk to those who will be most impacted by your decision and execute your plan knowing you made the best decision for you and your family.

*For more information about the BRS, visit the BRS website at <http://militarypay.defense.gov/BlendedRetirement/>.*

# FORT SAM HOUSTON

FRONT & CENTER

## Master-at-Arms Sailor excels at recruiting

By Petty Officer 2nd Class  
Giselle Christmas

NAVY RECRUITING DISTRICT  
SAN ANTONIO PUBLIC AFFAIRS

Anyone who knows Petty Officer 1st Class Christopher Thomas, a recruiter assigned to Navy Recruiting District San Antonio at Joint Base San Antonio-Fort Sam Houston, knows he is not afraid to talk to people, unless he has to talk about himself. This humility has served him well in both his military and civilian careers.

In 2003, Thomas joined the Navy, a decision he attributes to not having much as a kid growing up in San Antonio.

"I came from a low-income household, so I knew the Navy would be the only way I would be able to afford college and maybe someday fulfill my childhood dream of becoming a police officer," said Thomas.

Thomas is a man of few words when broached with the topic of his personal life, but there is a lot to tell for a Sailor who has worn as many hats as he has. During his first tour in Bahrain on the USS Tarawa (LHA-1), he apprenticed as a corpsman, but when given the opportunity to attend Master-at-Arms School he decided to change his rate.

Working as a master-at-arms, or MA, gave Thomas the experience he would need later when he became a commissioned police officer for the state of Texas.

"Being a MA gave me the opportunity to train as a K-9 handler and a jailer, so I now have my K-9 and jailer's licenses for the state," Thomas said.

In 2007, Thomas left active duty and decided to join the



SEAN M. WORRELL

*Petty Officer First Class Christopher Thomas, Navy Recruiting District San Antonio recruiter, speaks to an applicant about job opportunities in the Navy Oct. 25.*

Navy Reserve; it was during this time that he also went through the rigorous training to become a police officer.

After eight years working as a police officer and as a MA in the Reserve, Thomas decided to enter the Canvasser Recruiter Program, or CANREC.

A consummate professional, Thomas routinely utilizes his years of practical experience in law enforcement to assist the command's Anti-Terrorism/Force Protection planning and execution ensuring the safety of all hands.

"Thomas is an exemplary and professional Sailor with an incomparable work ethic," said Cmdr. Jeffrey Reynolds, NRD commanding officer. "He represents the very best that a Sailor can be, is an outstanding Navy Ambassador in the local community, and is an indispensable

asset to my command."

The CANREC program is a temporary recall program designed for eligible Sailors to join the Navy's recruiting force.

Recruiters are the face of the Navy to the civilian world and connect qualified individuals with careers within 72 ratings in both the active and reserve components.

As a recruiter, Thomas feels he has been given an opportunity to give back to the Navy that has served him so well throughout his career.

"I enjoy working as a police officer and enjoyed my time as a MA, but I have no regrets about switching over to recruiting," explained Thomas. "In recruiting I have been able to connect with people in a different way that can change their lives for the better."

While recruiting seems to

have come easily to Thomas, he admits that it has been a difficult journey at times.

"It is not a job everyone can do, you have to be willing to put yourself out there and shake hands with new people every day," Thomas said. "I had to learn to pay attention to detail and be willing to learn from my mistakes."

Frequently recruiters will point to how difficult it can be in finding a balance.

Thomas is no different, he admits, he had to learn to juggle work, family life and school.

"I have an associate degree in criminal justice and I'm currently attending the University of the Incarnate Word working toward a bachelor's degree. If it wasn't for my wife who supports me and helps take the brunt of the family responsibilities, I would not be able to get

it all done."

Thomas has faced the challenges of recruiting. His tenacity was recognized by his leadership and in June he was promoted to the rank of petty officer first class through the Meritorious Advancement Program, or MAP.

Through the MAP program, Sailors may be promoted based on their readiness to take on the next level of responsibility and not solely on their advancement exam scores.

"I was so surprised to be MAPped," Thomas said. "I have taken the exam many times, so it was such a great feeling to have my hard work recognized this way."

Looking toward the future, Thomas plans to complete his degree and submit a package to convert to the Full Time Support, or FTS, Navy Career Recruiting Force program and ultimately hopes to advance to chief petty officer.

"I was very surprised to find out I was MAPped to first class. It was an awesome feeling," Thomas said. "I couldn't have done it without the support of my wife and my mentors at the recruiting district."

The NCRF program is made up of a group of enlisted Navy production recruiters and recruiting managers who provide stability and leadership for field production recruiters and recruiting management personnel. Enlisted Sailors can laterally convert from the CANREC Program to the FTS Program.

*For more information on Navy Recruiting and the MAP program, visit: <http://www.navy.mil>.*

# Soldiers earn German Armed Forces Proficiency Badge

By Dr. Steven Galvan

U.S. ARMY INSTITUTE OF SURGICAL  
RESEARCH PUBLIC AFFAIRS

Eight Soldiers from the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston earned the esteemed German Armed Forces Badge for Military Proficiency after a three-day rigorous competition Nov. 3-5 in San Antonio.

The competition for the badge consisted of several activities including 100-meter swim in uniform; first aid test; nuclear, biological, and chemical protection proficiency; German physical fitness test (11X10-meter sprint; 100-meter sprint; arm flexed hang); pistol qualification; and a 12-kilometer ruck march with 33 pounds. Depending on individual performance, the Soldiers earned a gold, silver or bronze badge. Four of the USAISR Soldiers earned gold badges, three earned silver

and one bronze.

“The reason I chose to compete for this badge was to challenge myself physically and experience how one of our foreign counterparts maintain and ensure their physical fitness,” said Staff Sgt. Cedric Martin, USAISR Burn Center perioperative nursing service noncommissioned officer in charge. “Earning this badge definitely produced a feeling of accomplishment. The events were not terribly difficult but they definitely weren’t easy, especially the swim.”

The USAISR Soldiers were among the 250-plus service members from the local bases and the state of Texas. Only 140 earned the decoration which is awarded to and worn by German soldiers of all ranks of the Bundeswehr, the armed forces of the Federal Republic of Germany. In the United States military, the German badge is one of the few foreign awards approved

for wear on the uniform, and is one of the most sought after.

The competition was sponsored by U.S. Army North with two soldiers (a master sergeant and sergeant major) from the German army. There were also 15 American Soldiers from local units in San Antonio who served as proctors. Sgt. 1st Class Dustyn Rose, the noncommissioned officer in charge of ocular trauma at the USAISR was among the proctors at the competition. Rose earned the gold badge in April, “to test myself against the physical fitness performance standards of the German army and to see if I could get gold.”

“Competing for the badge was pretty fun. Every competitor out there had a very positive attitude which in return created a positive atmosphere throughout the competition,” Martin added. “All in all, the experience was very rewarding and since I earned the



SGT. 1ST CLASS DUSTYN ROSE

*Eight U.S. Army Institute of Surgical Research Soldiers earned the German Armed Forces Badge for Military Proficiency during a three-day rigorous competition Nov. 3-5 at Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis. Back row, from left: Spc. Chelsea Hornback (Gold), Spc. Sergio Rubio (Gold), Staff Sgt. Cedric Martin (Silver), Staff Sgt. Aaron Keller (Silver), Capt. Andrew Holt (Silver). In the front row, from left are Capt. Marjorie Brooks (Gold), Lt. Col. (Dr.) John Decker (Gold) and Spc. Stacey Bernetskie (Bronze).*

silver badge I definitely plan on going back next year to challenge the gold badge. It's not very often that we get to compete for a foreign award so

I challenge every service member to go out and compete for the badge, especially when it's conveniently offered in the area.”



# WORKPLACE

From page 6

## Warning signs

Warning signs of potential workplace violence can include aggressive behavior, conflicts with co-workers or supervisors, statements showing fascination with workplace violence incidents, statements indicating desperation over finances or family issues to the point of suicide, direct or veiled threats of harm, substance abuse, and extreme changes in normal behavior. It can be difficult to determine whether a situation will escalate; however, it's better to "err on the side of safety," the guide notes.

If there's any suspicion a situation will escalate, people should notify the employee's supervisor or other leader as soon as possible, the guide advises. Supervisors should take these concerns seriously and consult with experts, including the threat assessment team and the human resources depart-

ment.

"One common thread exists in preventing workplace violence: strong leadership," the guide notes.

"Supervisors play a key role in recognizing potentially violent situations and taking proactive measures to reduce the negative impact of such incidents."

## Best course is prevention

Overall, the best method to end workplace violence is early prevention. To start, agencies should implement a "sound" prevention plan, the guide recommends.

This should include required training for employees and supervisors on the signs of and reporting methods for workplace violence, the role of the multidisciplinary threat assessment team, and resources such as Alternative Dispute Resolution and the Employee Assistance Program.

While she'd seen and reported the warning signs for months, Blanchard didn't have time to react the afternoon Cur-

rie approached her at work. She had just texted her husband that she was heading home for family time with her three young sons when he walked into her office.

She saw the plastic bottle filled with a brownish-tinged liquid in his hand and felt a sudden rush of fear. As she stood up to run, he threw the liquid in her face and tossed two lit matches at her. All she saw was flames. "I thought I was going to die," Blanchard said.

Currie continued his attack, stabbing at her with scissors, until Blanchard's colleagues were able to subdue him.

## Road to recovery

A year later, Blanchard continues to recover, cherishing her time with her family. She has become an advocate for workplace violence prevention, especially the need for education and awareness among supervisors. She's a key member of the newly formed RHC-C Workplace Violence Working Group, which is taking swift action within the region to add more

security to military health care facilities and working to institute workplace violence prevention education for supervisors and employees.

Blanchard shares her message every chance she gets alongside fellow victim Army Capt. John Arroyo.

## A fellow survivor

Arroyo was blindsided by a workplace incident in 2014 at Fort Hood. The Green Beret, who weathered three deployments unscathed, had just stepped out of his car at brigade headquarters when Army Spc. Ivan Lopez pulled up and shot Arroyo in the neck from about 15 yards away.

Driven by thoughts of his family, Arroyo held his neck to staunch the bleeding, pulled himself to his feet and began searching for help. At that moment, Lopez walked right by Arroyo without seeing him, an act the Green Beret credits to God.

Lopez killed three people and wounded 15 others that day before turning the gun on him-

self.

Arroyo was told he'd never speak again, but he overcame the odds and today uses his voice to encourage others who are dealing with adversity and the aftermath of violence.

While he is healing physically, Arroyo said, the tougher part was the emotional healing, which is tied to his faith and ability to forgive.

"I love the man who shot me and I love his family," he said. "People are surprised to hear that but I mean it. God ... restored my life for a reason.

"Both Katie and I plan to use our second chances for good."

## A message of hope

Earlier this month, Blanchard's attacker was sentenced to 20 years in prison without chance of parole. She and Arroyo hope to share their stories across military and civilian sectors.

"If I can help prevent even one workplace violence incident from happening," she said, "then my pain will have been worth it."

# 'Never give up': A story of resiliency, determination

By Staff Sgt. Tomora Nance  
U.S. ARMY NORTH PUBLIC AFFAIRS

Building a resilient force is one of the Army's top priorities. As part of the Army's Ready and Resilient program, many guest speakers share their personal stories of adversity and triumph.

In a packed theater on Joint Base San Antonio-Fort Sam Houston Dec. 8, a Shreveport, La., native shared her story about the fateful night she became paralyzed. This was Carlana Stone's story.

"I was 16 years old the night my life forever changed," she said. "After a night of drinking with my friends in Dallas, we decided to drive home and we got into a terrible accident."

Everyone in the vehicle walked away unscathed, except Stone, who broke her back and legs, becoming paralyzed. She was never able to walk again.

Stone spoke to Soldiers and Department of Defense civilians on how she's dealt with hardships in her life and her path toward resiliency at the Fort Sam Houston Theater in a two-part presentation.

"When it first happened, I was in denial; I was an avid gymnast, a cheerleader and played several other sports, and now my life would look completely different than I imagined," Stone said. "When you think of someone in a wheelchair, you think of someone who is really old or has some type of debilitating disease."

As she reflected on the moment she was told she is paralyzed, asking herself, "How am I going to navigate my life now? Who am I? What do I have to offer now?"

Stone did not let her physical limitations hinder her from obtaining her goals. She went on to obtain a degree from Uni-

versity of California, Berkeley in Slavic languages. She then became the city of Miami's first wheelchair-bound reporter and served as a television producer for various shows.

"Innovation is often the product of necessity," Stone said.

Stone is not only a motivational speaker; she is also a celebrated author who enjoys skydiving, scuba diving and operating her custom-designed motorcycle.

Stone said she takes great pride in her immeasurable accomplishments.

"As I share my story, it helps others to open up to me and share their stories because we are all paralyzed in a way and the only way to overcome fear is through sharing our stories," Stone said.

One of the Soldier's in attendance was Sgt. 1st Class Talyia Williams, an automated logistics specialist with Headquar-



STAFF SGT. TOMORA NANCE

*Carlana Stone addresses Soldiers and Department of Defense civilians as guest speaker for the Ready and Resilient campaign Dec. 8 at Joint Base San Antonio-Fort Sam Houston.*

ters and Headquarters Battalion, U.S. Army North (Fifth Army).

"I really enjoyed listening to Mrs. Stone's story," Williams said. "Her trials and tribulations are so inspiring to me and I will always remember her story when I face adversity in

my own life. Just seeing how resilient she remains is truly an amazing testament that exemplifies sheer willpower and determination."

Stone said she was grateful to be the keynote speaker.

"It is such a privilege and honor to share my story with our nation's service men and women who are the embodiment of the resilient spirit," Stone said.

"Her story is powerful, and I hope leadership continues to have civilian guest speakers share their knowledge, experiences and most of all their stories," Williams said.

"The key is to never give up; we can't let our fears hinder us in our everyday life whether it's physical or mental," Stone said. "If I can help just one person get rid of any fear that may paralyze them through sharing my story, then I feel accomplished."

## BAMC observes National Native American Heritage Month

By Lori Newman  
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center celebrated Native American Heritage Month Nov. 29 with a ceremony in the Medical Mall.

Many people may not realize that Native American Heritage Month is celebrated in November because it's the end of the harvest season; it wasn't based on Thanksgiving, explained Erwin De Luna, guest speaker for the event.

De Luna is the president of the board of directors for the United San Antonio Pow Wow, Inc. and has served in the San Antonio community for more than 40 years through various organizations.

Army Col. Traci Crawford, BAMC deputy commanding officer, provided opening remarks for the event.

Crawford said this year's theme, "Standing Together," fits well within the military culture and our country.

"Native Americans have fought in every war since America's founding and have taken their rightful place as heroes in our nation's history," she said. "Historically, American Indians have

the highest record of military service per capita as compared to other ethnic groups."

Today there are more than 15,000 active duty service members who are of American Indian or Alaska Native descent serving in our military and more than 6,400 Department of Defense civilians.

Crawford spoke to the audience about the American Indian code talkers who served during World War I and World War II, highlighting Clarence Wolf Guts who enlisted in the Army in 1942 at the age of 18. Wolf Guts was fluent in Lakota, a dialect of Sioux. He developed a phonetic alphabet based on the Lakota language, which was later developed into code.

"These code talkers saved countless American lives by stopping the enemy from gaining valuable information that could have been used to harm our troops," Crawford said.

De Luna's presentation emphasized the accomplishments of several Native Americans and Alaskan Natives in American history. He also discussed the long lineage of military service within his own family.

"Many tribal names that you hear across the country translate into 'the people,'" De Luna said. "That's who we believe we are — the people of this land."

"Many of the foods we eat and the medicines we use were introduced to us by Indians," De Luna added. "Indians have made contributions in every area of America."

After his remarks, De Luna and his wife, Rose Mary, led the audience in a traditional Native American dance.

"I have participated in American Indian dance and heritage since I was 12 years old," he said. "Now my family continues that tradition."

Command Sgt. Maj. Diamond Hough closed the event, thanking De Luna for his remarks and continued contributions to the San Antonio community.

"Please remember, no matter your religion, ethnicity, gender or ancestry — we are all brothers and sisters on the battlefield," Hough said. "America's diversity has always been one of our great strengths as people from different backgrounds and cultures offer their unique talents and perspectives. That's what makes us strong and who we are."



ROBERT SHIELDS

*Erwin De Luna (right) and his wife, Rose Mary (left), lead Brooke Army Medical Center staff in a traditional Native American dance Nov. 29 during the Native American Heritage Month ceremony in the Medical Mall.*



# Thanksgiving brings joy to BAMC patients, staff

By Lori Newman  
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center celebrated Thanksgiving and Warrior Care Month with activities for Warrior Transition Battalion Soldiers, their families, staff, patients and the community.

BAMC kicked off Thanksgiving festivities with food and fellowship for Warrior Transition Battalion Soldiers and their families. Leaders from BAMC and Joint Base San Antonio served a holiday meal Nov. 17 at the Warrior and Family Support Center. Each year, this event is a focal point for Warrior Care Month, which is celebrated in November.

BAMC command staff and their families helped bring the spirit of the holiday to inpatients and their families by delivering fruit baskets and words of encouragement.

The BAMC Dining Room was a buzz of activity this Thanksgiving as more than 1,000 people came to the hospital to partake in a plethora of food served by the BAMC commanding general, command sergeant major and command staff.



MAJ. THOMAS CLIFFORD

Above: Brooke Army Medical Center commanding general Brig. Gen. Jeffrey Johnson (center) and Command Sgt. Maj. Diamond Hough (left) help serve Thanksgiving dinner to more than 1,000 guests Nov. 23 in the BAMC Dining Room at Joint Base San Antonio-Fort Sam Houston.

Below left: Brooke Army Medical Center deputy commanding officer Col. Traci Crawford (left) and Command Sgt. Maj. Diamond Hough (center) serve a Thanksgiving-style feast to Warrior Transition Battalion Soldiers and their families Nov. 17 at the Warrior and Family Support Center at JBSA-Fort Sam Houston.

Below right: From left: Army Master Sgt. Kenneth Carey, Army Capt. Melissa Kottke, Army Col. Shawn Nessen and Air Force Senior Master Sgt. Ernesto Otero prepare to deliver fruit baskets to inpatients Nov. 23 at Brooke Army Medical Center.



ROBERT SHIELDS

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT SUBMITS FISCAL YEAR 2017 STATEMENT

### FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT Exhibit C-3

Statement of Revenues, Expenditures, and Changes in Fund Balances - Governmental Funds

Year Ended August 31, 2017

Data Control Codes	10		60		98	
	General Fund		Capital Projects Funds		Other Funds	Total Governmental Funds
<b>Revenues:</b>						
5700 Local and Intermediate Sources	\$ 117,804	\$ -	\$ 3,281,366	\$ 3,399,170		
5800 State Program Revenues	12,444,908		118,598	12,563,506		
5900 Federal Program Revenues	11,253,408	4,100,000	1,459,984	16,813,392		
5000 Total Revenues	23,816,120	4,100,000	4,859,948	32,776,068		
<b>Expenditures</b>						
Current:						
0011 Instruction	10,390,172	-	2,294,320	12,684,492		
0012 Instructional Resources and Media Services	290,099	-	44	290,143		
0013 Curriculum & Instructional Staff Development	284,577	-	219,029	483,606		
0021 Instructional Leadership	204,448	-	268,185	472,633		
0023 School Leadership	1,315,908	-	13,285	1,333,193		
0031 Guidance, Counseling, and Evaluation Services	446,461	-	388,529	835,390		
0033 Health Services	239,504	-	37,435	277,339		
0034 Student (Pupil) Transportation	644,356	-	38,409	682,765		
0035 Food Services	31,478	-	715,961	747,439		
0036 Extracurricular Activities	470,142	-	670,142	1,140,284		
0041 General Administration	994,155	-	33,479	1,027,634		
0051 Plant Maintenance and Operations	2,214,363	-	26,342	2,240,705		
0052 Security and Monitoring Services	63,850	-	-	63,850		
0053 Data Processing Services	1,046,530	-	34,941	1,081,471		
0083 Facilities Acquisition and Construction	-	6,014,427	807,423	6,821,852		
0091 Payments to Fiscal Agent/Member Districts of SSA	1,426,544	-	-	1,426,544		
0099 Total Expenditures	20,246,987	6,014,427	4,877,784	31,139,198		
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	3,569,133	(1,914,427)	(17,836)	1,636,870		
<b>Other Financing Sources (Uses)</b>						
7915 Transfers In	-	1,914,427	30,755	1,945,182		
8911 Transfers Out (Use)	(2,020,651)	-	-	(2,020,651)		
7080 Total Other Financing Sources (Uses)	-	1,914,427	30,755	(75,469)		
<b>Extraordinary Items</b>						
8913 Extraordinary Item - (Use)	(44,625)	-	-	(44,625)		
1200 Net Change in Fund Balances	1,503,857	-	12,919	1,516,776		
0100 Fund Balance - September 1 (Beginning)	13,723,511	158,836	86,117	13,968,464		
8000 Fund Balance - August 31 (Ending)	\$ 15,227,368	\$ 159,836	\$ 99,036	\$ 15,486,240		

Published in compliance with Local Government Code §140.006.



MAJ. THOMAS CLIFFORD

# FORT SAM HOUSTON BRIEFS

## New Exchange Construction Underway

**Date:** ongoing  
**Location:** Exchange & Commissary areas  
Construction of the new base exchange shopping center at Joint Base San Antonio-Fort Sam Houston is now underway. There are traffic detours in the vicinity of the Base Exchange and the Commissary. A portion of the Burger King parking lot will close and the drive-thru will be rerouted. The existing cab stand at the southeast corner of the Exchange is closed until further notice. AAFES will provide an alternate location for a new cab stand in the near future. In May 2018, the Burger King will close and be demolished. It will open in the new Dual Foods restaurant along with a new Popeye's. Once the new shopping center building is completed, the old base exchange building will be demolished and the area will become part of the new parking lot

for the new shopping center.

## Military & Family Readiness Center closures

**Date:** Dec. 21, 25-26  
**Location:** Military & Family Readiness Center, building 2797  
The Military & Family Readiness Center will close Dec. 21 from 1-4:30 p.m. for training. On Dec. 25 and 26, the MFR&C will be closed all day. For more information, call 210-221-2705.

## Family Movie Day: “Sing”

**Date:** Dec. 18, 1-3 p.m.  
**Location:** M&FRC, building 2797  
The Exceptional Family Member Program and the Family Life Program invite JBSA families to join us for a sensory-friendly family movie. For more information, call 210-221-2418.

## Post-deployment resiliency training for spouses

**Date:** Dec. 18, 4-5 p.m.  
**Location:** M&FRC, building 2797  
Attendees will discover ways to reconnect, avoid conflicts, and find resources. To register, call 210-221-241

## Higher education - accelerated

**Date:** Dec. 18-19, 8 a.m. to 4 p.m.  
**Location:** Education Center, building 2268  
Service members who already have a bachelor's degree may attend an accelerated two-day workshop to review topics and resources available to help further their education. Prerequisite: Transition GPS. To register, call 210-221-1213.

## Pre-separation counseling

**Date:** Dec. 19, 9 a.m. to Noon

**Location:** M&FRC, building 2797  
Airmen, Sailors, and Marines planning to separate or retire from the federal service must attend this mandatory counseling. Appointments may be scheduled up to 24 months before retirement date or 12 months prior to separation. To register, call 210-221-2705.

## How to prepare a volunteer award nomination package

**Date:** Dec. 20, 2-3 p.m.  
**Location:** M&FRC, building 2797  
Attendees will learn how to write and submit an effective nomination package for volunteers. Nomination packages will be accepted Jan. 1 through Feb. 23 for civic services rendered during 2017. Visit <http://www.jbsa.mil/Resources/Military-Family-Readiness>, email [usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil](mailto:usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil) or call 210-221-2705 for information.



# LACKLAND

## JBSA-Lackland Exchange spreads holiday cheer

**From Army and Air Force Exchange Service**

Airman Basic Alissia Bert browsed racks of jackets, shirts and pants at the Joint Base San Antonio-Lackland Exchange, looking for a special gift to send to her 3-year-old son, Darton, back home in Oklahoma City.

Bert, 20, is in her seventh week of Air Force Basic Military Training. She hasn't seen Darton since she reported to Lackland in October. This year, she's spending the holidays away from him.

Bert and 3,800 trainees were treated to holiday cheer Dec. 2

at the Lackland Exchange, which opened extra early just for them. Typically, trainees are not allowed to visit the Exchange or do much beyond their rigorous assignments.

"This is such a stress reliever," Bert said, who was picking up outfits and shoes for her son as well as gifts for her mom, sister and grandparents. "To get a break from training for an hour is great—it's awesome."

The annual extravaganza, which included free photos with Santa, a DJ and dance contests, allowed trainees to shop for parents, family and

sweethearts back home. Trainees were bused to the Basic Military Training Reception Center, where packages were wrapped for free, weighed and shipped to recipients.

Chief Master Sgt. Luis Reyes, Army & Air Force Exchange Service Senior Enlisted Advisor, greeted trainees as they came through the store entrance, shaking hands and giving high fives.

"For the majority of the trainees, this is their first time coming into the Exchange,"

CHEER continues on 16



ARMY AND AIR FORCE EXCHANGE SERVICE

*Air Force basic trainees from Joint Base San Antonio-Lackland wait to be admitted to the JBSA-Lackland Base Exchange Dec. 2 to do some early holiday shopping.*

## Guardsman pilot wins 'High Flyer' award

**By Mary Nell Sanchez**

502ND AIR BASE WING PUBLIC AFFAIRS

Lt. Col. Bryan Carlson, an F-16 Fighting Falcon instructor pilot for the 149th Fighter Wing here at Joint Base San Antonio-Lackland, was recently honored for winning the 2017 Air Education and Training Command Carlson High Flyer of the Year individual award in the F-16 category.

The 149th FW nominated Carlson for this annual recognition that pays tribute to those exceptional individuals or teams whose efforts produce highly qualified aircrew for the Air Force.

"(The award) means I flew the most sorties of anyone on our F-16 unit," said Carlson.

In his 20 years of military service with the Air Force, 11 years on active duty and the remainder with the Air National Guard, Carlson has flown the F-16 for 19 of those years. The pilot and instructor calls his job fun and rewarding.

"All of the sorties that I have flown over the last 9 ½ years have been student sorties. It's no longer about me. It's about teaching (the students) which I find really fun," said Carlson. "To be able to take kids that just graduated from pilot's training and within seven months train them to where they can leave our training squadron and go into combat is very rewarding."

Col. Raul "Kuda" Rosario, 149th Operations Group commander, said Carlson is worthy of this recent honor.



TECH. SGT. MINDY BLOEM

*Lt. Col. Bryan Carlson, an F-16 Fighting Falcon instructor pilot assigned to the Air National Guard's 149th Fighter Wing, stands with his 2017 High Flyer of the Year award (for F-16 pilots) Nov. 30 at Joint Base San Antonio-Lackland, Kelly Field Annex.*

"Lt. Col. Bryan 'Crunch' Carlson is an outstanding Airman and instructor pilot," said Rosario adding Carlson is one of the best instructor pilots he's had the honor to serve with and that Carlson truly exemplifies the 149th FW's vision of "uncompromised

excellence and mission dominance."

This year alone, Carlson has flown over 130 missions.

"I'm within six hours of 3,000 hours which is kind of a neat milestone to be able to reach," he said.

There's no doubt he'll reach that milestone in the aircraft he loves.

"When you sit in the F-16, you almost wrap the F-16 onto you," said Carlson. "You feel like it's an extension of your body."

He added that the F-16 gives the pilot control of the aircraft.

"It allows you to fly. It doesn't allow you to do things automatically," said Carlson.

Carlson comes from a family of fighter pilots. His grandfather, father and brother were also fighter pilots. Carlson said he always knew he wanted to do the same.

"We have a long line of pilots — specifically fighter pilots — in my family which is fun for us to get together and share stories," he said.

There could be another Carlson waiting in the wings for his chance to be a fighter pilot as well. Carlson's youngest son, a sophomore in high school, wants to be a pilot. Carlson hopes his son will feel as fortunate as he does serving his country.

As for the future, Carlson said he's going to enjoy every minute of it.

"I do love flying airplanes. That is an absolute thrill," said Carlson.

# Alamo Wing Airmen improve readiness with ATSO training

By Senior Airman Bryan Swink  
433RD AIRLIFT WING PUBLIC AFFAIRS

More than 100 Airmen from the 433rd Airlift Wing participated in an Ability to Survive and Operate training exercise along the flight line Nov. 18 at Joint Base San Antonio-Lackland.

The focus of the training was geared toward responding to chemical, biological, radiological and nuclear threats in a deployed environment. ATSO training is designed to provide Airmen opportunities to respond and react to external threats in a simulated deployed environment.

Both ground troops and air crew members participated in the exercise but were focusing on specific events that would be experienced in a deployed location specific to their situation.

The exercise started with the participants already in theater dressed in mission oriented protective posture gear level 2 with the suspicion an attack was possible. As soon as the simulated attack began, the Airmen donned their full protective equipment and entered MOPP 4.



SENIOR AIRMAN BRYAN SWINK

*Senior Master Sgt. Leia Bernhard (center left), 733rd Training Squadron first sergeant, provides guidance and training on how to properly go through the decontamination zone during an Ability to Survive and Operate training exercise Nov. 18 at Joint Base San Antonio-Lackland.*

"We wanted to put them through many situations to test their current knowledge and find areas that we are

weak in," said Senior Master Sgt. Joel Eyster, 433rd AW Inspector General superintendent.

The ground-troop Airmen had to assess the contaminated area by conducting post-attack reconnaissance sweeps and make their way to a safe zone dealing with different scenarios and obstacles along the way.

They began by securing equipment and looking for unexploded ordinances in the area before running into a group of rowdy protesters shouting obscenities and eventually throwing a back pack over the fence toward the Airmen that exploded, simulating another gas attack. As they continued on their way to the safe zone, they came across a downed Airman who needed self-aid and buddy care.

Finally reaching the end of the course, they proceeded through the decontamination zone where they removed their MOPP gear safely without exposing any chemicals in the safe zone.

"All in all, it was a success, but the best part is we discovered areas which we weren't as proficient, which gives us a great idea of where we need to focus our training in the future," said Eyster. "By the end, everyone seemed to get a lot of good training out of the exercise."



## CHEER

From page 13

Reyes said. “We want them to know they are part of our family. I went through basic training about 20 years ago—I know what these young Airmen are going through. It’s hard to be away from family at 18, 19 and 20 years old, especially during the holidays. This event makes them feel special, and we want to make sure they feel at home here.”

Trainees’ family and friends across the globe viewed the extravaganza during a live feed on the Exchange’s Facebook page, hoping to catch a glimpse of their loved ones. On the feed, trainees gave shout-outs to parents and sweethearts back home.

Airman Basic Rachel Di Santos gave a shout-

out to her mom, Rhonda, in Florida. Moments later, a comment from Rhonda was posted on the live feed: “Hi, Rachel.”

“That’s my mom! Hi, Mom! I love you, and I miss you,” said Di Santos, with tears in her eyes.

“Hi. I love u,” her mom wrote back.

Col. Jason Corrothers became the 737th Training Group this summer and participated in the annual event for the first time.

“I’m wildly impressed,” Corrothers said. “This is certainly a welcome opportunity for our trainees to take a break from rigorous training for a couple hours and reconnect with families by buying some gifts.”

100 percent of Exchange earnings support military members and their families, including military Quality-of-Life

programs such as Fitness Centers, Child Development Centers, Youth Programs on Army garrisons, Air Force Outdoor Recreation programs, school lunches for Warfighters’ children and more. The Exchange has also hired 1,000 Wounded Warriors, second only to the U.S. Army.

“This event gives trainees an opportunity to take a big, deep breath and think about spending time with their families this year,” said Chief Master Sgt. Hope Skibitsky, superintendent, Basic Military Training, 737th Training Group. She added that every time Airmen shop and dine at their Exchange, they are making life better for their military community.

“This gives our Airmen the opportunity to take care of themselves,” Skibitsky said, “and we always appreciate that.”

## LACKLAND BRIEFS

### Preparing a volunteer award nomination package

**Date/Time:** Dec. 19, 9-10 a.m.

**Location:** Military & Family Readiness Center, building 1249

Review the new nomination form and learn how to prepare and submit an effective package identifying a volunteer for recognition during the 2018 JBSA Volunteer Awards Ceremony. Nomination packages should be emailed to 802fss.fsfr@us.af.mil no later than Feb. 23. To register, call 210-671-3722.

### M&FRC holiday hours

**Date/Time:** Dec. 21, 2-4 p.m.

**Location:** Military & Family Readiness Center, building 1249

The Military & Family Readiness Center is closed Dec. 21 from 2-4 p.m. for training and Dec. 25-26 in observation of the holiday. For more information, call 210-671-3722.

### Post-deployment reunion and reintegration

**Date/Time:** Mondays, 2:30-3:30 p.m.

**Location:** Logistics Readiness, building 5160  
Required for all service members returning from deployment, this training covers reintegration into home life and provides resources to deal with associated stressors. Spouses are highly encouraged to attend. To register, call 210-671-3722.

### Pre-deployment briefing

**Date/Time:** Tuesdays, 7:30-9:30 a.m.

**Location:** Logistics Readiness, building 5160  
All service members scheduled to deploy, go on a temporary duty assignment longer than 30 days, or go on a remote assignment are required to attend. To register, call 210-671-3722.

### Children’s story time

**Date/Time:** Tuesdays, 10 a.m.

**Location:** JBSA-Lackland Library

Story time includes books, songs, rhymes and movement activities that help reinforce a lifelong love of learning. Story time is open to the whole family; a parent or caregiver must be present in the library during story time. For more information, call 210-671-2678.

### Children’s play group

**Date/Time:** Thursdays, 9:30-11:15 a.m.

**Location:** Children Achieving Maximum Potential (CAMP) facility, building 3850  
Join parents and children, up to age 4, for an interactive group concentrating on developing your child’s social interactions and skills. For more information call 210-292-5967.

### Firing Range Trespass Notice

**Location:** Medina Firing Range, 900 Patrol Road, JBSA-Lackland Training Annex at Medina. It is illegal and dangerous to trespass on the Medina Firing Range. Weapons training is conducted daily. For more information or valid entry requests, contact the 37th Training Support Squadron, Combat Weapons Section range control office at 210-671-2349 or 210-671-0023.

# RANDOLPH

## Members urged to 'go green' during holidays

From 502nd Civil Engineer Squadron

Did you know that household waste increases by more than 25 percent from Thanksgiving to New Year's Day? The added food waste, shopping bags, packaging, wrapping paper, bows and ribbons add up to an additional 25 million tons of garbage, or about one million extra tons per week going into our landfills, during the holiday season. Members are invited to join the Joint Base San Antonio Qualified Recycling Program and the JBSA Environmental Program in making a difference this holiday season by taking steps to reduce waste and conserve energy. Here are some ways JBSA members can help reduce waste during the holiday season:

### Shop smart

- » When you go shopping, take your own reusable bags.
- » Plan your shopping in advance to avoid impulse purchases.
- » Look for gifts that don't require batteries or buy rechargeable batteries and a charger to give with the gift.
- » Avoid purchasing over-packaged goods.
- » Look for environmentally friendly, recyclable or reusable products.
- » Choose toys children can grow into.
- » If you buy gifts online, opt for ground shipping, as air transportation uses significantly more fuel.

### Don't give "stuff," give an experience

- » Give tickets to a play, movie, concert, amusement park or sporting event, or membership to a museum or zoo.
- » Give gift certificates for a dinner, massage, health club membership or spa treatment.
- » Give music, art or craft lessons
- » Invest in your family and friends. Contribute to a child's savings account, education IRA or give them a U.S. savings bond.
- » Make a donation to a nonprofit organization in the name of your loved one.

### Don't buy gifts, make them

- » Edible gifts such as breads, cookies, cakes, dried fruits, mixed nuts, jams/jellies or herbed vinegars make great gifts.
- » Use your arts and crafts skills to knit a sweater, crochet a hat and scarf, paint a watercolor or design your own jewelry.

### Give gifts that promote environmental



JONELLE KIMBROUGH

### responsibility

- » Buying gifts from local merchants decreases the carbon emissions from shipping and keeps money in the local economy.
- Use the following gift ideas:
- » Reusable food containers, bags, mugs or water bottles

- » Recycled stationery, paper products, office products, etc.
- » Environmentally-friendly bath and beauty products

### Decorate for the environment



## JBSA-RANDOLPH SPREADS HOLIDAY CHEER WITH COOKIES

Col. Joel Carey (left), 12th Flying Training Wing commander, and Chief Master Sgt. Antonio Goldstrom, 12th FTW command chief, bag cookies Dec. 7 during the Christmas Cookie Drive at Joint Base San Antonio-Randolph. The program provides baked goods to single Airmen who otherwise may not get home-cooked treats during the holidays.



JOEL MARTINEZ

## RANDOLPH BRIEFS

### M&FRC holiday hours

The JBSA-Randolph Military & Family Readiness Center will be closed Dec. 22 from 12:30-4:30 p.m. and all day Dec. 25-26.

### Changes to VCC hours of operation

Starting Dec. 15, the JBSA-Randolph Visitor Control Center, or VCC, will modify hours of operation and be closed on Saturdays. Base passes can be issued at the main gate with a sponsor present after hours. The new hours of operation will be:

- Monday through Friday: 7 a.m. to 4:30 p.m.
- Saturday and Sunday: Closed
- Holidays and Family Days: Closed

### Flu shots available

The JBSA-Randolph Clinic is now offering flu vaccines for all TRICARE beneficiaries, age 6 months and older, at the Immunizations Clinic 7:30 a.m. to 4:15 p.m. Monday-Thursday and 7:30 a.m. to 3 p.m. Friday. Patients must have a valid ID to get a vaccine.

## GO GREEN

From page 17

- Look for a real tree you can transplant after the holidays.
- If you do celebrate with a cut tree, be sure to compost it after the holidays.
- Use LED lighting instead of traditional incandescent lights. LED lights are 90 percent more efficient than traditional Christmas lights.
- Purchase outdoor light strands that are wired in parallel. If one bulb goes bad, the others will still work, so you won't have to discard entire strands of lights unnecessarily.
- Use a timer to turn off lights at the end of the evening.
- Instead of buying ornaments, cards and wreaths, make your own.

Nature provides beautiful ornaments and other holiday decorations:

- Decorate with potted plants that will bring enjoyment long after the holidays.
- Gather a basket of evergreen branches, pine cones, acorns,

dried berries, flowers, fresh fruit, etc., and arrange as you desire, or make ornaments from twigs, bark, flowers, herbs, etc.

- Make decorations from reusable or compostable materials.
- Make garlands using popcorn or cranberries or use old jewelry, small stuffed animals or toys, cookie cutters, buttons, etc.

### Be a "Green" entertainer

- Send electronic party invitations instead of paper invitations.
- Purchase locally grown food.
- Use reusable plates, cutlery, etc., when entertaining.
- Rent dishes and glassware to make your party more elegant, eliminating the need to buy disposable products.
- Use cloth napkins instead of paper.
- Use recyclable aluminum foil instead of plastic wrap to store leftovers.
- Turn down the thermostat for your party and let your guests be the heaters. Run your ceiling fan(s) clockwise during the party, distributing the heat throughout the house.
- Make recycling easy for

guests. Place recycling bins beside every trash bin, and make sure the products you provide can be reused or recycled.

### Don't waste food

Much of the 28 billion pounds of edible food thrown away each year is wasted during the holiday season, so:

- Buy food with thought.
- Be realistic about how much food you will need.
- Use what is left. If you have unwanted leftovers, send them home with your guests in reusable or recyclable containers.
- Donate leftover canned and unsealed, packaged food to local food banks.
- Compost food scraps, don't waste them.

### Reduce waste from holiday paper products

Eight thousand tons of wrapping paper are used during the holidays each year, equating to roughly 50,000 trees. To lessen the environmental impact:

- Use baskets, glass jars, cookie tins or gift bags that can be used over and over again.

► Reuse wrapping paper, tissue paper, boxes, gift bags, etc. from last year.

- Make the wrapping part of the gift. Gardening pots are easy to fill with gardening supplies. A mixing bowl makes an excellent package for your favorite cook.
- Be creative and give old materials new life. Magazines, newspapers, maps, posters, children's artwork and calendars make great wrapping paper.
- Ask companies to ship your packages using paper instead of polystyrene packing peanuts. If you do receive packing peanuts take them, and other Styrofoam packaging, to shipping stores for recycling.

### Reduce mailing waste

The 2.65 billion Christmas cards sold each year in the U.S. could fill a football field 10 stories high! To reduce mailing waste:

- Send e-cards or cards made from recycled paper.
- Reuse cardboard boxes for mailing gifts.
- Use newspaper or magazine pages instead of Styrofoam

packing chips.

- Save and reuse your bubble wrap.

### Recycle as much as possible

You can recycle many leftover holiday items at the JBSA Recycling Centers:

- Gift boxes and paper bags
- Wrapping paper (not foil-type paper)
- Cardboard tubes from wrapping paper
- Paper gift tags
- Greeting cards and envelopes

### Do not recycle the following:

- Styrofoam block or peanuts
  - Foil wrapping paper
  - Tissue paper and ribbon
  - Photo greeting cards
- There are many simple steps you can take to reduce energy use and waste generated during the holiday season. Continue the green habits, throughout the year, and keep giving gifts to the earth all year long.

*Sources: U.S. Environmental Protection Agency, Use Less Stuff, Keep America Beautiful (KAB.org), and sustainable america.org.*